



North Dakota

January 2006

STATE TRAUMA COORDINATORS

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'Tis the Season for Snowmobiles

*Submitted by Rhonda Bugbee, RN, EMT, CEN
Trinity's Trauma Program Manager*

This is traditionally the time of year that North Dakotans get out the snowmobiles and have some fun. Although as I look out my window just before the first of the year, all I see is brown, but when you read this I suspect that the snow will be back, along with the snowmobiles!

In North Dakota, the law states that you must be at least 12 years old to drive a snowmobile and if you don't have a driver's license, you must take a safety course through the North Dakota Parks and Recreation Department.

Other requirements include:

- If you are under the age of 18 you must have a safety helmet on if you are operating or riding a snowmobile
- A person may not operate a snowmobile without liability insurance
- You may not travel at an unreasonable rate of speed in relation to surrounding circumstances
- You may not operate a snowmobile while under the influence of intoxicating liquor or a controlled substance
- You must have a lighted headlamp and tail lamp
- You must have a good working muffler

Today's snowmobile goes up to 100 mph and weighs between 500 and 600 pounds. I'm told that newer snowmobiles are built wider and are less likely to roll, but safety still pretty much comes down to how it's ridden.

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State Trauma Coordinator Hired by Department of Health

By Tim Meyer, Director, Division of Emergency Medical Services

The North Dakota Department of Health has added a new person to our Trauma Program. Amy Eberle is the new state trauma coordinator for the Division of Emergency Medical Services. A registered nurse, Amy previously worked on the surgical floor of St. Alexius Medical Center, Bismarck.



Amy Eberle

Amy is originally from Linton and has lived in the Bismarck/Mandan area for 10 years. She and her husband Mike have two children: Faith, age 2; and Luke, age 5 months. She has a deep interest in music and was the music director at the Baptist Home in Bismarck for two years.

The State Trauma Program is very important to North Dakota citizens and our visitors. The mission of the Division of Emergency Medical Services is to protect the public; our State Trauma Program fulfills this mission by influencing how each and every trauma patient is cared for. We are fortunate that North Dakota hospitals have committed to partnering with the state health department in establishing and maintaining our trauma system.

Please join us in welcoming Amy Eberle to our team.

Inclusion Criteria For North Dakota Trauma Registry

Effective January 1, 2006

ICD – 9 codes of 800 – 959.9 and 991.0-3 (frostbite) and one of the following:

All Trauma Codes/Alerts or any level of trauma team activation

Deaths that are registered to the hospital

Inter-facility transfers by ambulance that are admitted to the receiving hospital

Transfers out by ambulance

Patients admitted for > 48 hours

Patients admitted from ED to ICU

The following are excluded from the criteria:

Same level fall with an isolated hip fractures (820 -821)

Inhalation of food/object (933 - 938)

Late effects/complications (905-909)

These are not included in the trauma registry, unless they are a trauma code/alert or they have an additional injury code.

Poisoning (960 – 989.9)

Hanging (994.7)

Adult and child maltreatment (995.5 – 995.8)

Drowning (994.1)



**These hospitals
received
designation
as Trauma Centers
in the last six
months**

HOSPITAL

Linton Hospital,
Linton, ND
Level IV

Tioga Medical Center,
Tioga, ND
Level V

Jamestown Hospital,
Jamestown, ND
Level IV

St. Ansgar's Health Center,
Park River, ND
Level IV

Unity Medical Center,
Grafton, ND
Level IV

Quentin Burdick Health Care
Facility, Belcourt, ND
Level IV

Union Hospital,
Mayville, ND
Level V

First Time Certification

Lisbon Medical Center,
Lisbon, ND received its
first certification as
Level IV Trauma Center.

Meet Lisbon Area Health Services new Trauma Coordinator

Name: Michelle Smith

Hospital: Lisbon Medical Center

Trauma Center Level: Level IV

How long have you been the Trauma Coordinator?
April, 2005.

Greatest impression thus far working in trauma: One thing I really want to pass on to anyone new to the trauma field is never hesitate to ask anyone for assistance with anything they don't understand, or need help with. Once I realized this, and started asking, everyone has been so friendly and willing to help me out. I only wish I had realized this sooner, and had not struggled on my own to "figure out" this complex, but very exciting field of Trauma.

Family and activities: I love attending football, wrestling, and other events with my husband Bob, and our two children, Kristopher 16, and Mikayla 8. Needing to find "something for Bob to do" after his retirement from the North Dakota National Guard's recruiting force, we started a new business in Lisbon as co-owners of Casual Living, a furniture and flooring store. As a Mary Kay consultant, I love helping my clients look and feel their best. On my list of things to do for 2006 is to learn how to scrapbook (so I can use my rubber stamps again), quilt, and knit/crochet.

I was raised on a farm in rural Englevale ND, near Lisbon. I graduated from Lisbon High School and attended the University of North Dakota in Grand Forks to be an occupational therapist. Life happened, as it does, and I took a "break" from college to get married and start a family. A return to the university found me FINALLY graduating with a Bachelor of Science degree from the University of North Dakota's School of Nursing. My husband Bob & I had always hoped to return to our hometown of Lisbon to raise our family; we made the move home in December 1997 after accepting a position at the Lisbon Medical Center.

I enjoyed my variety of experience in the rural healthcare setting as a staff nurse, but always looked for that "something more". In April 2005, I found what I was looking for when I was hired as Lisbon's first Outpatient Coordinator. A big part of this new position was acting as the trauma coordinator and preparing Lisbon Area Health Services to become a Level IV Trauma Center. This had previously been started, but never had anyone to see it through. Needless to say, I was elated when the survey team arrived in Lisbon on December 16th!

You may contact me at 701-683-6436 or MichelleSmith@catholichealth.net



North Dakota Department of Health News Release

*For Immediate Release:
Dec. 21, 2005*

State Health Department Recertifies Three North Dakota Hospitals as Level IV Trauma Centers

BISMARCK, N.D. - The North Dakota Department of Health announced today the recertification of three hospitals as Level IV trauma centers, according to Tim Meyer, director of the department's Division of Emergency Medical Services. The hospitals are Unity Medical Center, Grafton; Jamestown Hospital, Jamestown; and First Care Health Center, Park River.

The Department of Health is authorized to designate hospitals in North Dakota as Level IV and Level V trauma centers. Level I, II and III trauma centers are designated by the American College of Surgeons. To receive a Level IV designation, a hospital is visited by a trauma site

Meet Innovis Health's new Trauma Program Manager

Name: Kerry Dillenburg

Hospital: Innovis Health

Trauma Center Level: Level II

How long have you been the Trauma Program Manager?

Since the end of July, 2005.

Greatest impression thus far working in trauma:

The high level of teamwork and camaraderie exhibited by people from normally competing institutions.

Your family:

My wife Michelle, who is a Social Worker at Innovis (No, we didn't meet there.) Two daughters- Elise 14, and Ashley 11. If you get to count your pets as family then Shadow- a golden lab, and Ty- a Doberman pinscher, both males, help to even out the household mix.

I was born and raised in the area and soon after graduating from high school left to discover things Californian. I made stops after leaving California in Texas, Idaho, and Georgia before coming back home to complete a BAN at Concordia College in 1991.

We live 20 miles outside of Fargo on a little over 7 acres with the Wild Rice river running in our backyard. We mow 4+ acres of it and have planted numerous varieties of fruit trees, bushes and vines. Last year was our first attempt at raising a garden (a humbling experience in ability and time management I assure you). Some people dream of what they would do if they won "the lottery"; I dream of what things would look like with just a little more time and of course- money to create walkways through the woods and secluded gardens and places to hide. And as long as I'm dreaming- there would not be the sound of 1 mosquito buzzing to disturb the songs of the birds or the sounds of the river flowing.

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review team, which reports to the State Trauma Committee. The Committee reviews the site visit report, determines the hospital's designation, and reports to the Department of Health.

Level I through V trauma centers must be able to accept and provide services to major trauma patients. Among the requirements necessary to earn a Level IV designation, the trauma center must have on call an emergency room physician who has completed advanced-trauma life-support training.

North Dakota currently has 20 Level IV trauma centers, which must seek renewal of the designation every one to three years.

For more information, contact Tim Meyer, Division of Emergency Medical Services, North Dakota Department of Health, at 701.328.2388.



Snowmobiles *continued*

There are additional actions that will help keep people safe:

- Wear appropriate clothing
- Keep your snowmobile in top condition and check it over before each ride
- Everyone, no matter what your age, should wear a helmet
- Tell someone where you're going and how long you expect to be gone
- Travel in pairs
- Slow down. Machines today can go up to 100 mph and there isn't much protection for you if you crash or hit an approach or culvert.
- Be very wary of crossing bodies of water. The ice must be at a minimum 6 inches thick. As a rule of thumb, "If you don't know, don't go."
- If you ride at night wear reflective clothing and be very careful.

Robin Hape, MD, from UND's Department of Surgery, recently did a study of snowmobile injuries in ND. He found that:

- There were 9 males to 1 female injured
- Average age was 28.4
- Helmets were worn by 77.6% of patients. Only 74.1% of patients under the age of 18 were wearing helmets, although that law requires helmet use by minors.
- Alcohol was a factor in 20% of all injuries
- The majority of crashes occurred after dark
- Riders after dark were more likely to be intoxicated and were less likely to wear a helmet.
- Intoxicated drivers were less likely to wear a helmet
- Average speed was 50.4, with a range of 10 to 100 mph

As with most recreation, snowmobiles can be a great deal of fun. And as with most recreation, injuries can be prevented, if people think ahead and follow the rules.

References:

www.parkrec.nd.gov

<http://www.mnsafetycouncil.org>